

# Quality Suites & Sleep Inn

## Lake Wright Norfolk, Virginia

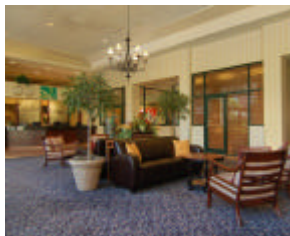


*The Lake Wright*



BY CHOICE HOTELS

**Virginia Green** is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green** has established "core activities" specific to each sector of tourism, and these practices are considered the required minimum for participation in the program. However, **Virginia Green** encourages its participants to reduce their environmental impacts in all aspects of their operations; and this profile provides a full list of all their "green" activities. These are the activities that guests / customers can expect to find when they visit this facility.



### Quality Suites & Sleep Inn

"Two hotel complex with 234 rooms and meeting space"

**Green Statement:** We went green "to help the environment".



### CORE ACTIVITIES for Lodging

☑ This symbol indicates a required activity for Virginia Green Lodging facilities. Participants self-certify that these activities are in place and they provide additional specifics on other activities. Visitors to **Quality Suites & Sleep Inn** can expect the following practices:

☑ **Optional Linen Service.** Virginia Green Lodging facilities must have some sort of system in place that allows guests to not have their sheets and towels changed every day. This facility pledges that they:

- Change linens only upon request
- Train house cleaners on process for optional linen service
- Use non-phosphate, non-toxic, and biodegradable laundry detergents
- Minimize use of bleach and chlorinated chemicals

☑ **Recycling and Waste Reduction.** Virginia Green Lodging facilities must recycle Glass Bottles and are highly encouraged to maintain a comprehensive recycling program. This facility pledges that they:

- Recycle: glass, aluminum cans, plastic, office paper, toner cartridges, newspaper, cardboard, packing supplies, fluorescent lamps, batteries
- Track overall waste bills
- Instruct housekeeping to save and reuse unopened items
- Recycle fryer grease and/or filter grease prior to recycling
- Donate excess food from events
- Have an effective food inventory control to minimize waste
- Do not use Styrofoam
- When disposable containers are used, they are made from recycled content material
- Use reusable dishware and glassware, and minimize use of disposables
- Use non-bleached napkins and coffee filters
- Use water pitches and filtered water to minimize the use of single-use bottles

- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper towels and toilet paper
- Use a last-in/first-out inventory and labeling system
- Encourage suppliers to minimize packaging and other waste materials
- Make 2-sided copies/ printed materials
- Use electronic correspondence and forms
- Use “green” cleaners that are dispensed in bulk
- Purchase durable equipment and furniture
- Use reused building materials or those from sustainable sources
- Properly recycle/dispose of thinners and solvents
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use less toxic materials
- Minimize the use of pesticides and herbicides

☒ **Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping. This facility pledges that they:

- Track overall water usage and wastewater
- Perform preventative maintenance to stop drips and leaks
- Have:
  - low flow restrictors on faucets and showerheads
  - low flow toilets
- Discourage water-based cleanup (sweeping first)

☒ **Energy Conservation.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives. This facility pledges that they:

- Track overall energy bills
- Have had an energy audit to identify efficiency opportunities
- Use LED Exit Signs
- Perform preventative maintenance on HVAC system
- Have individual thermostats for each room/area
- Use natural lighting
- Use directional (downward-facing) lighting in parking areas and other outdoor areas
- Purchase “Green Tags” or “Renewable Energy Certificates” to support new

☒ **Green Events Package.** The facility must offer a “green” or “environmentally-friendly” package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided. This facility pledges that they:

- Promote the availability of “green meetings/conferences” in marketing packages
- Provide recycling bins, no disposables used, use bulk water

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For more information on **Quality Suites & Sleep Inn**, see [www.choicehotels.com/va-055](http://www.choicehotels.com/va-055) and [va-059](http://www.choicehotels.com/va-059) or contact **Kathy Studwell** at [kstudwell@aol.com](mailto:kstudwell@aol.com) or 757-461-6251.

For more information on **Virginia Green Lodging** program, see [www.deq.virginia.gov/p2/lodging](http://www.deq.virginia.gov/p2/lodging) or go to [www.viriniagreentravel.org](http://www.viriniagreentravel.org).



**Virginia Green Lodging** program is a supporting partner of **Virginia Green**, the Commonwealth’s campaign to encourage environmentally-friendly practices is all aspects of Virginia’s tourism industry. **Virginia Green** is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

